

FITNESS CLASSES - JULY & AUGUST 2010

Name _____

Address _____

Town/Zip _____

Phone _____

E-mail _____

(Print address if you would like e-mail receipt - If you have already given us your e-mail address, you do not have to fill this in again.)

Make check or money order payable to:
Enfield Senior Center

Date Paid _____

☐ Cash ☐ Check Check No. _____

For office use only: ☐
Entered on ActiveNet

Class Name	Date	Day	Time	No. of Classes	FEE Resident	FEE Non- Resident	
Jan’s Exercise	1-day	July 2-30	M W F	9 am	5	17	22
	2-day	July 2-30	M W F	9 am	9	27	36
	3-day	July 2-30	M W F	9 am	12	33	44
Jan’s Exercise	1-day	Aug 2-27	M W F	9 am	4	14	18
	2-day	Aug 2-27	M W F	9 am	8	24	32
	3-day	Aug 2-27	M W F	9 am	12	33	44
Evening Line Dance Beginner	July 7-28	Wed	7 pm	4	12	16	
	Aug 4-25	Wed	7 pm	4	12	16	
Line Dancing - Introduction	July 1-29	Thurs	4 pm	5	15	20	
	Aug 5-26	Thurs	4 pm	4	12	16	
Line Dancing - Advanced Beg.	July 12-26	Mon	2:15 pm	3	9	12	
	Aug 2-23	Mon	2:15 pm	4	12	16	
Line Dancing - Intermediate	July 12-26	Mon	1 pm	3	9	12	
	Aug 2-23	Mon	1 pm	4	12	16	

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Class Name	Date	Day	Time	No. of Classes	FEE Resident	FEE Non- Resident
Silver Sneakers Muscular Strengthening & Range of Motion - Mondays	July 12-Aug 23	Mon	3:30 pm	7	21	28
Silver Sneakers Muscular Strengthening & Range of Motion - Wednesdays	July 7-Aug 25	Wed	10:30 am	8	24	32
Silver Sneakers YogaStretch	July 6-Aug 24	Tues	12:30 pm	8	24	32
Simply Stretch & Strengthen with Lynne - Mondays	July 12-26	Mon	10:30 am	3	9	12
	Aug 2-23	Mon	10:30 am	4	12	16
Simply Stretch & Strengthen with Lynne - Fridays	July 2-30	Fri	10:30 am	5	15	20
	Aug 6-27	Fri	10:30 am	4	12	16
Stretch, Roll & Strengthen w/Dan	July 6-27	Tues	10:30 am	4	12	16
	Aug 3-24	Tues	10:30 am	4	12	16
Tai Chi - Introduction	July 7-Aug 25	Wed	4 pm	8	24	32
Tai Chi - Advanced Beginner	July 6-27	Tues	8:45 am	4	16	20
	Aug 3-24	Tues	8:45 am	4	16	20
Yoga - Gentle	July 6-27	Tues	11 am	4	12	16
	Aug 3-24	Tues	11 am	4	12	16
Yoga - Intermediate	July 6-27	Tues	11 am	4	12	16
	Aug 3-24	Tues	11 am	4	12	16
Yoga - Intermediate - Evenings	July 1-29	Thurs	6 pm	5	15	20
	Aug 5-26	Thurs	6 pm	4	12	16
Zumba Dance	July 7-28	Wed	6 pm	4	16	20
	Aug 4-25	Wed	6 pm	4	16	20
Circle Choices & Total						